

# 1998 Safety Education Committee Minutes

## October 1, 1998

### Action Items

The committee voted to support LD-10.

The committee decided to continue to submit safety related articles to SWIM Magazine.

We will be writing a section for the LMSC binder on safety education and a booklet for clubs.

**Attendance:** Number of committee members present: 8; number of committee members absent: 2; total number of delegates attending the meeting: 18.

### Minutes

#### I. Completed projects

a. SWIM Magazine articles. Two articles were published in SWIM magazine in the past year as noted in the report. Suggestions for future articles were solicited from the committee: Water quality issues in open water swimming (Dan Gray); what can be done to prevent and respond to heart attacks (Rick Harris); slippery surfaces around the pool (Leslie Smith); safe workouts (Jack Kangas).

b. Insurance incident summary for 1985-1998. The committee received a summary of incidents from our insurance carrier which we will use to guide us in our education efforts. We discussed whether it would be useful to keep closer track of injuries/accidents in addition to those that get reported to our insurance company. Colleen Driscoll did not feel that the types of incidents or the ratio of their frequency would significantly change.

c. Newsletter safety fillers: Leslie Smith created a handout of safety related blurbs that can be used by LMSC newsletter editors to fill the extra white space. A copy is attached to this report. It will also be sent out with News You Can Use, because that is sent to all newsletter editors.

#### II. Current projects

a. LMSC safety chair job description. Julie Paque received two requests this year for a job description for the LMSC safety chair. Creating this will be a priority this year. Rick Harris, Julie Paque and Lee Carlson will work on this project.

b. Safety section for the LMSC notebook. An outline by Jim Wheeler was presented for a new section to be included in the LMSC binder. In creating the outline it was clear that there is also a need for a booklet for clubs, and the outline for that was also presented. The revised outline for both, along with the assignments for responsibility, is below. Jim Wheeler will be editor for both. All information will be reviewed by Insurance and Legal Counsel prior to publication.

c. Open water safety. After discussion, it was decided that we do not need a separate open water safety subcommittee at this time since we will be addressing many issues as part of the LMSC safety section in the binder. It was felt that it would be a good idea for there to be one person who is a voting member of both Safety Education and Long Distance.

#### III. Proposed changes to the rule book relating to safety

The committee voted to support LD-10.

The meeting was adjourned at 5:50 p. m.

#### Tasks for Upcoming Year:

SWIM Magazine articles: Water quality issues in open water swimming (Dan Gray); what can be done to prevent and respond to heart attacks (Rick Harris); slippery surfaces around the pool (Leslie Smith); safe workouts (Jack Kangas).

LMSC safety chair job description: Rick Harris, Julie Paque and Lee Carlson

LMSC safety education section:

1. The role of the LMSC Safety Chair (Rick Harris, Julie Paque and Lee Carlson)
2. Competitive Events and Sanctions
  - a. Pool Meets (Rick Harris, Jim Wheeler)  
Facility Inspection, Hazard Identification, Water Quality Standards, Warm up, Marshalls, Safety Signs, Meet Schedules and Time Lines, Diving Safety
  - b. Open Water Swims (Dan Gray, Leslie Smith, Shannon Sullivan)  
Lifeguards and Safety Monitors  
Paddle Boards, Kayaks, Boats  
Water Conditions  
Temperature, Water Quality and Health Concerns, Currents, Surf, Chop, & Sea State  
Venues  
Inspection of Swim Area, Bottom Conditions, Water Grass, Entrance/Starting Area  
Finish Area
  - c. Emergency Medical Response (Carol Berendsen, Shannon Sullivan)  
Emergency Action Plans, Accident Reporting and Documentation, Medical Services, Post Race  
Care of Swimmers
3. Medical Considerations (Leslie Smith, RheaWilkins, Jane Moore)  
Swimmer History/Physician Visit, Special Considerations (Diabetes, Seizures, Asthma),  
Hypothermia, Hyperthermia, Hyperventilation, Persons with Disabilities

Masters Swim Club Safety Education Booklet

1. Supervision (Shannon Sullivan, Jim Wheeler)  
Coaches (Certification, ASCA, MACA), Role of Lifeguards, Lifeguard Certification (certifying agencies)  
Dual supervision
2. Facilities (Rick Harris, Jim Wheeler)  
Hazard Identification, Inspection, Water Quality, Chemical Storage/MSDS's, Pool Electrical
3. Equipment
  - a. Emergency (Carol Berendsen)  
Reach Pole, Ring Buoy, Rescue Tube, Phone, Backboard
  - b. Program Equipment (Jack Kangas)  
Blocks, Lane Lines, Flags, Pace Clocks, Outlets (GFI)
  - c. Swimmers (Jack Kangas)  
Paddles, Fins, Goggles
4. Medical Considerations (Leslie Smith, RheaWilkins, Jane Moore)  
Swimmer History/Physician Visit, Special Considerations (Diabetes, Seizures, Asthma),  
Hypothermia, Hyperthermia, Hyperventilation, Persons with Disabilities
5. Safety and Emergency Considerations (Carol Berendsen, Shannon Sullivan)  
Victim Recognition, Emergency Action Plans, Response Protocols (Rescue, Drowning, Spinal Injury  
Management), Accident Reporting and Documentation

# USMS SAFETY EDUCATION NEWS

submitted by: Julie Paque  
Safety Chairman

**Lightening causes more deaths annually in the United States than any other weather hazard, including blizzards, hurricanes, floods, tornadoes, earthquakes, and volcanic eruptions.**

Get out of the water at the first sign of a thunderstorm and stay out for at least 15 minutes after the last sign of thunder and lightening.



### UV Protection:

Your skin isn't the only thing that needs to be protected from sunlight, don't forget about your eyes! Use sunglasses and goggles that absorb at least 90% of UV sunlight.



**Heat stroke is a life-threatening emergency, Call 911!**

The symptoms include: hot, red, dry skin and a very high body temperature. Breathing may be rapid and shallow and the victim may vomit and lose consciousness.

**First Aid:** Move to a cool place. Apply cool, wet cloths to the victims body. Put ice packs on victims wrists, ankles, neck and armpits if available.



### Diving or jumping:

Know the depth before you dive and don't jump into the water that is murky without checking for hidden objects below the surface of the water.

Most spinal injuries occur in shallow water and you can injure limbs as well when jumping in unfamiliar waters.



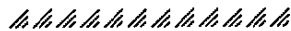
### Dehydration:

Water, water, everywhere. But it's easy to get dehydrated when you're swimming. Remember to drink lots of decaffeinated, non-alcoholic beverages before, during, and after swim meets and practice.



### First aid for a seizure victim in the water:

Support the victim - keeping the head and face above the water to breathe. Have someone call 911. After the seizure is over remove the victim from the water and check for breathing and pulse.



### Pool emergencies:

Be prepared. Do you know where the first aid supplies are kept at your pool? Is there a backboard in case of spinal injury, along with people trained to use it? Are there floatation devices and reaching tools to assist swimmers in distress?



**Electrical shock** is a potential problem around pools. All outlets should have ground fault interrupt circuits. Don't go in the pool when the pool vacuum cleaners are being used. Be careful with pace clocks, timing systems, loudspeaker systems etc. around the water.



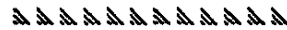
**Hypothermia** can occur in 80 degree water!

**Symptoms:** Shivering (this may be absent in severe hypothermia), slow, irregular pulse, numbness, glassy stare, apathy, decreasing levels of consciousness.

The very young and very old are most prone to hypothermia.

### First aid:

Warm, dry clothing. Don't give fluids to a person not fully conscious, and never give alcoholic beverages.



### Diabetic Emergency:

If the victim is conscious give them something containing sugar (candy, fruit juice, soft drink). If the person is unconscious, or the sugar doesn't improve their condition in a few minutes call 911.



### Red Cross:

In 1914 Commodore Wilbert E. Longfellow established the volunteer based Life Saving Service of the American Red Cross. His objective was to "water proof" America.

Your local **Red Cross** is a great place to obtain *community water safety information*.



**Don't Forget** to let your coach know about any medical conditions you have. Then he or she will be better prepared to help you in an emergency.

### Your County Health Department has

regulations regarding swimming pools. Some common regulations include specified safety equipment that must be available at all public pools (this includes apartment, community, and college pools); the chemistry and clarity of the water, and a prohibition against dogs in pool areas.

Take a cardiopulmonary resuscitation (CPR) and First Aid course so you'll know what to do in an emergency. It takes less than a day, and *you* may save someone's life.



### Long Distance Safety Issues:

Hypothermia, fog, high surf, rays, rip currents and other currents, exhaustion, leg cramps, and dehydration.

### Some Tips:

Be informed don't take this competition lightly. Ask the lifeguards about currents. Know the course well, train extensively, include weight repetitions for upper-body strength and be able to swim twice the distance. Plan your first swim to be shorter and in calm water. When allowed, wear a wetsuit made for surface swimming. Try it out a few times and wear double caps to keep from losing too much heat in the more than likely 74 degree or less water.

These articles are designed to be fillers for newsletters. Please feel free to cut and paste any of these safety issues to fill-in those annoying little blank spaces on your newsletter.

*edited by: Renee Davies*